

MINKA
(Bulgaria)

Minka (MEEN-kuh, girl's name) is a wedding dance from the district of Smoljan in the Rhodope area of Bulgaria. It is actually a kind of *růčenica* performed by the bride's girl friends in a circle around her. The dance takes its name from the song whose melody accompanies the dance, *Minka e rano stanala* ("Minka arose early...").

Recording: Nevofoon 15025, B-5, *Minka*

Rhythm and meter: The dance is in a moderate slow-quick-quick rhythm with three main dancer's beats; it is conventionally notated in 7/8 meter:

Dancer's beats (counts)	1 (&)	2	3
Rhythm	S	q	q
7/8 notation			

Formation: Women (not joined) in a circle around the bride (bride does not dance), all facing in LOD. Elbows are bent, hands are slightly above shoulder level at shoulder width apart, palms forward, fingers together (but thumbs are "open" pointing toward each other).

Step #1

Meas 1 Light step fwd with Rft (1); step Lft fwd (&); step Rft fwd (2)
step Lft fwd (3).

Step #2

Meas 1 Light step fwd with Rft (1); step Lft (2); step Rft (3).
Meas 2 Reverse ftwk of meas 1.

Arm movements (used only in Part 1)

Meas 1 Turning palms toward you as you bring hands in closer to you (1); bend hands from wrists toward you, then, in one continuous movement, bring them down a little, forward (palms again fwd) and bring both hands to head level out to R (&-uh); in their position out to R, bend wrists slightly (2).
Meas 2 Same as meas 1, but hands are brought to L instead of R at end.

MEASURE	PATTERN
<u>PART 1 - Circling in LOD</u>	
1-8	Dance fwd in LOD (CCW around circle) doing Step #1 eight times. Arm movements as described above.
<u>PART 2 - Turn, center, out</u>	
9-10	Using Step #2 turn in place <u>CCW</u> once and slightly more, so you end up facing center of circle (or bride). No arm movements here, arms remain in position described under "Formation" above.
11-12	Using Step #2 advance toward center.
13-14	Using Step #2 back out from center.
15-20	Repeat movements of meas 9-14.

Notes by Dick Crum